

Healthy Living

Regardless if anyone wants to admit it or not, appearance plays a huge part in an individual's success. The United States is considered the most obese country in the world, and as a result of that people are dying earlier and contracting diseases faster than the previous 10-20 years. Game Winners Foundation will equip individuals with the knowledge and skills that will assist them in leading a healthy life.

HEALTHY LIVING SIX WEEK PROGRAM

- WEEK 1: IMPORTANCE OF EATING HEALTHY
- WEEK 2: IMPORTANCE OF EXERCISE
- WEEK 3: WHY YOU SHOULD STAY AWAY FROM DRUGS AND ALCOHOL
- WEEK 4: IMPORTANCE OF MENTAL HEALTH
- WEEK 5: FINANCIAL MANAGEMENT
- WEEK 6: BALANCING ALL ASPECTS